

## ABSTRACT OF THE DISCLOSURE

A device is described which has means to define and maintain different internal states, means to transition at regular or random intervals between those states, means to vary the minimum hold time in each state, means to vary the average time spent in each state, means to vary the order in which the states are visited, and means to externalize and transmit or display the internal state. Subsequently one or more athletes receive this information and react to it as a change in their athletic training or game environment.